

fall into fashion

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Are you changing your lifestyle because of incontinence?
Let us help you regain your confidence and independence

Did you know?
The scientific research clearly shows that physiotherapy should be the first line of treatment for incontinence.

Many people believe that incontinence; the involuntary loss of urine, is a normal occurrence after childbirth or aging. Continence concerns are **common** but **NOT** normal.

Stress Incontinence (SI) refers to leakage that is noticed during a cough or sneeze, when laughing, or during strenuous activities like soccer, jumping jacks, or other aerobic activities. Sometimes women get the sudden and urgent need to get to a bathroom. Urge Incontinence (UI) is the loss of urine that is accompanied by this sudden, urgent feeling.

Leakage may have started off with minimal and tolerable amounts of leakage that occurred with a cough or sneeze, but then leakage can accelerate to amounts that are substantial enough to wear protective padding, continence garments or simply just avoiding activities that were once enjoyed.

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www.erasosaphysio.com



Peter Richardson/Metroland

Ken Flynn, a local teacher, has published a book about his grandfather's immigration story from Portugal and signed copies at the Hooded Goblin Saturday. The graphic novel follows the life of José Pires and his immigration journey.

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